

Saratoga County Prediabetes Coalition  
Meeting Notes: 2/28/17

1. Welcome and Introductions. (See Attendance List.)
2. Last meeting summarized, notes reviewed and approved.
3. Strides Program Update – Barbara Martin, Lions Club, Chair, Diabetes Committee  
Tentative date for this event is Saturday, Nov. 18. Barbara is meeting with the Dance Museum on Wednesday to discuss holding the race at this venue. The Museum includes three rooms, one for registration, one for a “health fair” type event and an extra room to be used as needed. The Planning Committee discussed whether an admission fee would be charged to participate and thought perhaps food pantry donations could be suggested instead. There is a great deal of community interest in supporting and participating in the event (Leos Club at SSHS, Healthy Living Market, local senior centers). A speaker who is also speaking at the International Lions event in July to kick off the focus on diabetes for the coming year may also be invited to attend this event, leading to some national press and heightened publicity for the event. Meeting members had many great ideas and suggestions for this event. The Lions are seeking support and financial assistance for it. Barbara will share a list of organizations already approached for sponsorship with the Coalition to minimize duplication of solicitations.
4. Nourish Your Neighbor Update  
\*Saratoga Hospital’s healthy food drive will be held March 20-31 at 5 locations around the county. The event is sponsored by the Hospital’s Registered Dietitians to celebrate National Nutrition Month. Proceeds will be donated to The Community Health Center at 24 Hamilton Street.  
\*There will be a food drive at St. Stephen’s Church in Schuylerville during the upcoming season of Lent.  
\*Amanda Duff reached out to the Mechanicville Food Pantry after hearing that they are in need of food donations. She has not heard back from them yet and will plan a food drive there if needed.  
\*The group discussed how healthy items are stored in food pantries and if separate areas for the healthy items makes it easier to identify and access them when needed. Julie Slovic from Franklin Community Center (FCC) shared her experience using a customized order form to identify and honor special dietary needs since clients do not have direct access to the food items at this time. She noted that they have seen recent requests for healthy items like whole grain products and gluten-free foods. FCC is partnering with “Just Say Yes” through NYS and the Regional Food Bank on a “Healthy Food Pantry Initiative”, looking at the impact of “nudges” by staff on healthy food selection. One healthy item would be promoted to clients with recipes and cooking ideas and usage of that item would be tracked before and after the promotional activities to see if they impacted the selection of that item.  
\*Sara from Eat Smart NY noted that her program includes two educators who consult with food pantries to improve their systems. The contacts include a pantry assessment, training pantry volunteers, suggesting layout improvements, etc.  
\*The possibility of partnering with the US Postal Service and their “Stamp Out Hunger” food drives was discussed. Sara thought they might be willing to include Nourish Your Neighbor shopping lists with the bags they distribute for food collection.

\*Amanda Duff reached out to Saratoga Springs School District Parent University and a few other organizations regarding holding Nourish Your Neighbor food drives.

5. Prediabetes Coalition Logo Selection

Fourteen sample logos created by the Healthy Capital District Initiative were shared.

Each one was reviewed several times and the final selection was made from the two favorites.

Amanda Duff will now seek the County's approval for the Coalition to use the preferred logo on all printed and posted materials.

6. Booklet, Letter and Plan for Dissemination

\*Four different versions of the Healthy Plate were reviewed to select the best one for inclusion in the booklet. After review and discussion, one was chosen that represents all food groups and recommended portion sizes.

\*A first draft of a cover letter to physicians receiving prediabetes patient education packets was distributed and reviewed. It was recommended that information be simplified to focus on diabetes and that a bullet-style format be used to make reading main points easier. The group agreed to have Amanda Duff sign the letter using her County Public Health title with a line underneath stating "on behalf of the Saratoga County Prediabetes Coalition".

\*A suggestion was made to possibly include a brief practice survey to collect data related to booklet distribution and use. It was noted that face-to-face discussions with office staff when booklets are dropped off will probably improve distribution to patients.

\*A list of Saratoga County physician practices was circulated and attendees were asked to sign up as primary contacts for booklet distribution when they have been printed.

7. Community Visibility – tabled until next meeting due to time constraints.

8. Next Steps and Closing

Business cards for the Coalition will be ordered and a gmail account established to allow interested parties to contact Coalition members.

9. Meeting adjourned at 1:10. **Next meeting scheduled for Tuesday, March 28 at 12:00 in Conference**

**Room 2A & 2B at 59D Myrtle Street, Saratoga Springs.**